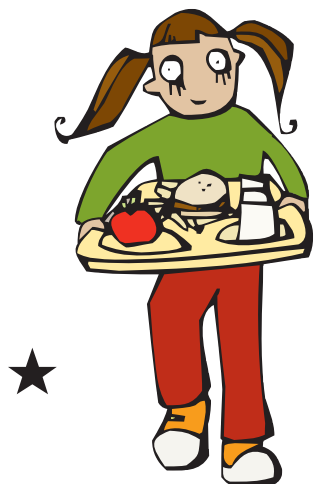


★ What is a Recess Before Lunch Policy? ★

Where students go to recess first, then eat lunch.

Montana schools are reaping the benefits:

- ★ Improved student behavior on the playground, in the cafeteria and the classroom.
- ★ Students waste less food and drink more milk. This leads to increased nutrient intake.
- ★ Improved cafeteria atmosphere.
- ★ Children are more settled and ready to learn.



Tips For Getting Started:

- ★ Build support within your community and school staff.
- ★ Realize that adapting the schedule is a work in progress.
- ★ Develop a hand washing routine.
- ★ Schedule adequate time for students to eat (at least 25-30 minutes.)
- ★ Decide where to store cold lunches for easy access.
- ★ Take care of lunch money prior to recess.
- ★ Practice this new routine with the students. Spend as much time in the lunchroom as possible during first few weeks.
- ★ Be committed, even through a trial period, to stick with it. Expect some resistance.

For More Information:
Check out the Montana Office of Public Instruction School Nutrition Programs web site:

<http://www.opi.state.mt.us/schoolfood/index.html>

- ★ Examples of schedules from Montana schools using **Recess Before Lunch**
- ★ Resources, supporting information and research articles
- ★ A list of Montana schools using **Recess Before Lunch**
- ★ A summary of Team Nutrition **Recess Before Lunch** 2003 Pilot Project Results
- ★ Quotes from Montana School Administrators, Teachers and Students
- ★ Highland Park School's, Lewistown, MT, **Recess Before Lunch** Information Packet (parent letter, schedule, benefits and tips)



Comments from Montana School Principals, Teachers and Students:

Principals report:

★ "At Highland Park Elementary, we have noticed less time wasted in transition. Students are calmer, more settled, and ready to begin learning than when they come in off the playground. This certainly results in more time on task, which provides greater opportunity for improved academic performance and behavior."

★ "Be willing to make a commitment to the recess before lunch change, and ride it through. Expect a small amount of resistance at first. "

★ "Benefits that we have seen at Whitefish Central are:

- Less conflict on the playground and in the lunchroom
- Improved behavior in afternoon classes
- Students are eating better and wasting less food"

Teachers report:

★ "We have more uninterrupted teaching time."

Students report:

★ "It makes me more hungry and I like to eat."

★ "It takes off all your energy, so you're not moving around at lunch."

For more information contact:

★ Montana Office of Public Instruction-
School Nutrition Programs
PO Box 202501
Helena, MT 59620-2501
Phone 406-444-2501
Fax 406-444-2955

Chris Emerson, Director
cemerson@state.mt.us

★ Montana Team Nutrition Program
Montana State University
202 Romney Gym, PO Box 173360
Bozeman, MT 59717
Phone 406-994-5641
Fax 406-994-7300

Molly Stenberg, RD-Project Assistant
stenberg@montana.edu

Katie Bark, RD-Program Director
kbark@state.mt.us

 Linda McCulloch, Superintendent
Montana Office of Public Instruction
P.O. Box 202501
Helena, Montana 59620-2501



Developed by:
Molly Stenberg, RD
Montana OPI School Nutrition Programs
Montana Team Nutrition Program
June 2003

Recess Before Lunch



Kids Play and Then Eat!

